

CACFP Meal Pattern Requirements	
Meal Pattern for Adults	
Breakfast	
Fluid Milk	1 cup
Juice or Fruit or Vegetable	½ cup
Grains/Breads	2 servings
Lunch/Supper	
Fluid Milk (Lunch only, not required at supper)	1 cup
Meat or Meat Alternate	2 ounces
Vegetables and/or Fruits (2 or More)	1 cup total
Grains/Breads	2 servings
Snack (Select two different components)	
Fluid Milk	1 cup
Juice or Fruit or Vegetable	½ cup
Meat or Meat Alternate	1 ounce
Or yogurt	4 ounces or ½ cup
Grains/Breads	1 serving
Snack combinations that are not reimbursable	
<ul style="list-style-type: none"> • Yogurt and Milk 	
<ul style="list-style-type: none"> • Two of the same component: Juice and Vegetables, Meat and cheese, etc. 	
<ul style="list-style-type: none"> • Juice and Milk (This also includes juice that has been frozen or placed in gelatin.) 	